



September 2-8, 2013  
Cycle 5

Food portions at breakfast and lunch will be served as required by the Healthy Hunger-Free Kids Act of 2010.

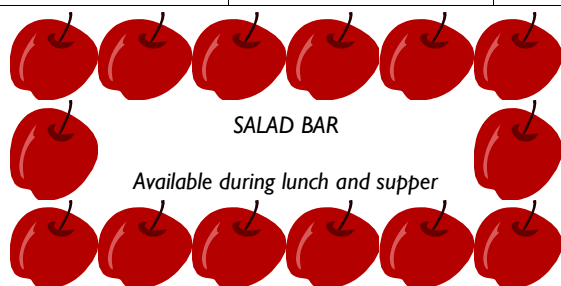
For more information, please visit the FNS website:

<http://www.fns.usda.gov/cnd/governance/legislation/nutritionstandards.htm>



**\*\*Please note: Items are subject to change based on availability without prior notice\*\***

Mon 2	Tue 3	Wed 4	Thu 5	Fri 6	Sat 7	Sun 8
WG Blueberry muffin or Raisin bran Mixed fruit or Orange juice Hard cooked egg Milk	Granola or Frosted mini wheats Banana or Apple juice Danimal strawberry yogurt Milk	Bagel w/ sausage gravy or WW toast Peaches or Crasberry juice Milk	WG biscuit or WW toast Pears or Orange-tangerine juice Milk (country sausage gravy)	WW pancake (2pk) or Oatmeal Mandarin orange sections or Grape juice Danimal strawberry yogurt Milk (raisins)		
Hamburger on WW bun or Veggieburger patty on WW bun Sweet potato fries (SF) Nectarine Milk	Chicken dippers or Veggieburger patty Emperor's blend vegetables Brown rice Apricots Milk	Nacho bar (tortilla chips/taco meat/cheese sauce/jalapenos/olives/guacamole/sour cream/lettuce/salsa) Seasoned pinto beans (SF) Pear Milk	Beef fingers Seasoned corn WW dinner roll (SF) Melon cup Milk	Tuna salad on WW or Veggie croissant Spinach w/ mandarin orange salad Pineapple Milk	Turkey & cheese on croissant Potato salad Chips (SF) Melon cup Milk	Cheese pizza Coleslaw with pineapple Vanilla pudding Milk
Chicken fritters Green beans Crinkle cut fries Strawberry gusher Milk	Beef and bean burrito Corn Fruit roll up Milk (lettuce/cheese/salsa)	Oven fried chicken Baked vegetarian beans Potato salad Ice cream sandwich Milk	Chef Gavin's salad (tossed salad/romaine lettuce/ham/egg/shredded cheese/tomato slices/cucumber slices/red onion slices/shredded carrots) Breadstick Cookie Milk	Chicken BBQ on bun Pasta salad Chips Vanilla ice cream Milk	Soup—Tony's choice Cornbread (margarine/honey) Fruit salad Milk	Chicken nuggets Crinkle cut fries Capri blend vegetables Crazy color fruit roll up Milk



- ♦ 1% and fat-free milk offered at every meal
- ♦ fat-free chocolate milk will be offered at lunch and supper every Tuesday and Thursday
- ♦ fat-free strawberry milk may be offered occasionally

**Criteria for a meal to be reimbursable:**

- ⇒ **Must have 3 components at breakfast**
- ⇒ **Must take the fruit or vegetable component (or combination) and 2 other components from 5 different components (food groupings) at lunch**

Breakfast: 6:45-7:45am Monday-Friday	
Lunch: 11:30am-1:10pm Monday-Thursday	Supper: 4:30-6:00pm Monday-Thursday
11:30am-1:00pm Friday	4:30-5:30pm Friday
Saturday & Sunday Lunch: 12:15-1:15pm	Saturday & Sunday Supper: 4:45-5:45pm

**If you have questions about this menu, please call the Food Service Department at 520.770.3696 or send an email to [jeanne.foster@asdb.az.gov](mailto:jeanne.foster@asdb.az.gov)**

The US Department of Agriculture prohibits discrimination in the operation of the Child Nutrition Programs on the basis of race, color, national origin, sex, age, or disability. To file a complaint of discrimination, write USDA, Director, Office of Adjudication, 1400 Independence Avenue, SW, Washington, DC 20250-9410 or call toll free 866.632.9992 (voice). Individuals who are hearing impaired or have speech disabilities may contact USDA through the Federal Relay Service at 800.877.8339 or 800.845.6136 (Spanish).